

Location of Beef Cuts.

Most housewives do not understand the terms used by the butcher to describe the various cuts into which a carcass of beef is divided. Therefore, they do not always know what they are buying. Here is some information on the subject from the New York Sun.

The whole beef is split into halves, following the center of the backbone or vertebral column from tail to neck. Each half contains a hind and a forequarter.

The forequarter is then cut from the hind-quarter. These are the processes of the wholesaler. The "fore" and "hinds," as they are called, are now ready for the retailer.

The forequarter is cut into two parts—the rack, consisting of a set of ribs, and the chuck or shoulder proper up to and including the eighth rib.

The eighth-rib cut shows the blade gristle only on one side. The ninth rib is usually called a chuck roast.

The rack is cut into prime rib, standing or rolled roasts.

The chuck is a complicated piece of meat when cut into kitchen pieces by the butcher. Its anatomy yields the following pieces for cooking: Oven and pot roasts, boneless chuck steaks and chuck roasts cut free of bone and metamorphosed into top and lower Saratoga roasts. The lower cut is the more tender. It has the eye piece, which somewhat resembles the eye of a porterhouse rolled roast.

The chuck yields still more cuts to the wizard of the cleaver. There are the soup and stewing pieces, plate, navel and brisket pieces for corning, oven and pot roasts, made by removing the flesh from the shoulder bones, and chuck steaks cut from the cross ribs.

In the above disguises the word "chuck" loses all of its plebeian character. The hind-quarter is less complicated, but its dissection is interesting to the culinary economist. This part of the beef carcass is cut into two; the loin of the beef and the round, consisting of the leg, top and bottom round, rump and flank.

Now comes a steak roll-call. The loin of beef is cut by the butcher into top sirloin steaks, sirloin steaks, short sirloins, round-bone sirloins, fatbone steaks, hipbone steaks, boneless sirloin steaks, porterhouse steaks and roasts. Then there are a la mode top round cuts, bottom round cuts for pot roasts and corned beef. The rump goes into steaks and corning pieces, flank steaks and rolled flank pot roasts or corning pieces.

If the housekeeper is mystified by the shop vernacular, it is because she has not learned the "geography of the beef cuts," as a Boston culinary student put it. By not knowing her alphabet the purchaser is often imposed upon and made to pay a higher price for an artistically arranged piece of very cheap meat.

Low-Grade Butter Plenty.

The best fresh creamery is in about the usual supply, but the low-grade butter is below first down to renovated, and for these trade is dull and quotations tending to decline. Holders of renovated stock are trying to urge it upon the market at low prices, but without much success.

Following are opinions of well-known Boston dealers: Chapin & Adams: "Market very dull and unsatisfactory, with lots of hard to move. Five-pound boxes and prints bring no more than tub butter." Brown & Deloria: "Trade dull, demand light, prices unchanged. A waking-up was expected, but the market is delayed. Supply of good grades has not increased." Holden Brothers: "The cheaper grades are going hard on account of the large supply." G. R. Ellis & Sons: "Market quiet. Price of best fresh creamery a little firmer at 20 cents. Under grades are neglected. Western shippers have overlanded the market with cheap butter which nobody wants." G. A. Cochran, exporter: "Butter is dull. I made another trial shipment of two hundred packages last week, but the market over there seems to be overstocked and shipments are not encouraged. British dealers with large stocks in storage seem to have become panic-stricken and are forcing their stocks upon the market to save themselves. I could buy export butter here by the carload at 14 to 15 cents, but they are not ready for it over there. The stock of all grades of butter on hand in Boston is 45,000 packages more than last year at this time. The surplus is largely cheap or renovated. Western grades, which will have to be worked off at some price. One of my foreign agents cables not to ship even if concessions are obtained below present rates, so we shall be obliged to wait until the situation over there has improved." M. J. Conant & Co.: "Creamery 26 to 28 cents, Western eggs 20 cents. The egg market is very much unsettled, and nobody can tell which way prices will move." Lucius Slade & Co.: "Butter market shows a better feeling, and prices hold steady. Stock of strictly fine butter is not so heavy as expected. A great deal of low-grade stock arrives from the West. A gradual increase of fresh-made stock may soon be expected. Stock of cheese is light and market firm."

Receipts of butter at Boston for the week were 618,342 pounds, against 600,796 pounds a year ago last year. Of the shipments a year ago 44,000 pounds were for export, so that the present excess is quite large.

The cheese situation is unchanged, receipts still being light, demand steady and prices firm at last quotations. Receipts at Boston for the week were 2225 boxes, against 11,800 boxes for the same week last year.

The New York butter market seems a little firmer for fresh-made butter, the moderate supplies arriving being readily taken off. Some dealers quote 26 1/2 cents, but many sales have been made at 26 cents, the figure which has ruled for some time. Storage brings one to two cents less than fresh made. Cheap grades are abundant and demand very slow. One broker predicts that low grades will drop to 10 cents this spring. Another New York dealer states that the surplus stock is largely renovated butter.

It is this grade chiefly that Armour and Swift hold, it being their own product, under their new cold-blast process of making butter from low grades. When the new anti-oleomargarine law went into force last year, it was expected to ban butter, as it was to have decreased the use of oleomargarine, and butter was advanced and held at high prices on this belief, with the result of heavy accumulations both at country points as well as in the big distributing centers. But the packers have found a substitute for coloring which enables them to make and sell oleomargarine as formerly, leaving medium grades of butter to pile up.

The process to which the dealer alludes is not a full substitute for coloring, but it gives a slight tinge to the oleo. It is apparently true that a great deal of the stuff is being sold to the injury of the butter market. Exporters seem to be expecting still lower prices before pasturage season, and

are waiting for the expected break, as well as for improvement in the foreign demand. Receipts at New York for the week 28,220 packages, against 34,079 same week last year.

Wool Quotations Steady.

The Boston market has not been affected by the view of slight decline of prices at the London wool sales. The situation in the United States is considered strong, and holders are confident. Few sales are reported except in fine delaines, and quotations are steady.

A few United States buyers were present at the London auctions and bought about four thousand bales choice Merino and low to medium Australian crossbred greasies. Total sales about 126,000 bales. Next sale March 10.

Throughout the world there are now but three grand divisions in which the wool clip is in excess of local requirements, or even approximates them—Australia, South Africa and the River Plate republics of Argentina and Uruguay. In these countries the increase in stocks and clips has been enormous, according to secretary S. N. D. North of the National Wool Producers Association.

The Australasian clip has grown from 200,000,000 pounds to 650,000,000 pounds, an increase of more than threefold. The South African clip has grown from 46,000,000 pounds to 100,000,000 pounds, more than double; the River Plate clip has grown from 150,000,000 pounds to 350,000,000 pounds, more than double. The total increase in these countries has been from 400,000,000 pounds in 1887 to 1,100,000,000 pounds in 1900. In all of them the industry is almost wholly pastoral.

The competition of these pastoral supplies, grown under peculiar advantages, is the chief explanation of the decadence of sheep husbandry on farms; but it does not seem to adequately account for the phenomenon in the United States, where the tariff breaks the full force of the competition. Within my memory, the New England and Middle States manufacturers obtained a large part of their supplies from the immediate neighborhood. Today these States contain not to exceed three million sheep, the fleeces of which will not supply one large mill for three months. When this association was organized, Ohio was the banner wool State, with 5,000,000 sheep, which grew nearly one-sixth of our clip. Today she has 2,500,000 sheep, and grows less than one-twentieth of the domestic supply. Less than twenty-seven per cent. of her farms contain any sheep at all, according to the Twelfth Census. At no time since 1840 have there been so few sheep in the Eastern, Middle, Middle-western and Southern States, as they contain today. It seems to be a vanishing industry in all that part of the country.

Uncle Sam's Great Gift.

Rural delivery is the greatest boon ever vouchsafed the farmers of this country. It places them in touch with the outside world, keeps them posted on current events, causes improvement of roads, enhances the value of the farm and farm products, and takes away from farm life the monotony and social isolation which is largely responsible for the desertion of the farm by young men who seek the excitement of our large cities. Rural free delivery, in short, is the city reaching out and clasping hands with the country, and bringing her country cousins into a closer and more satisfactory relationship.

Rural free delivery is no longer an experiment. Although it is only four years old, it has already become an assured, permanent and expanding branch of the postal system, and it is only a question of time and executive celerity until all the people may have their mail service at their very doorsteps. A. W. Machen, Superintendent of Rural Mail Service.

A Great London Market.

The extent to which the great cities of Europe depend on foreign supplies of things eatable is hardly realized in agricultural America. In London are six million human beings who fed three times a day. The city would starve in six months if shut off from imported food.

Covent Garden is the chief wholesale market of its kind for all London. The best time to see it is shortly after daybreak. I left my rooms about four o'clock A.M. one Saturday and walked down to A.M. All the streets surrounding the market houses proper were filled with carts and wagons loaded with vegetables. Imagine the largest hay wagon you have ever seen forty days trip in great storage sheds. There were hot house grapes, peaches and strawberries. The strawberries sold at 75 cents a basket, and I was offered peaches at 85 cents a basket. The peaches were larger than any I have ever raised under glass and are sold from boxes of soft white cotton, being handled as carefully as new babies.

Among the curious things sold are green gooseberries and rhubarb. The only place I know where they call rhubarb fruit. Rhubarb and gooseberry tarts are sold everywhere, and my teeth are still on edge from trying to masticate the so-called green gooseberry tart. The berries are larger than ours, but so sour that they turn the face of a girl of eighteen into that of an old maid of thirty as she bites into them.

Leaving the vegetable market I went to the buildings adjoining, where flowers are sold. I cannot describe the blaze of color and beauty which greeted me as I entered. The great building, as large as one of our biggest depots, was filled with blossoms of every description from the hot-houses of England and the Continent. There were carloads of beautiful roses, vast quantities of calla lilies, cornflowers as blue as the blue of our flag, and masses of flowers of every kind. The English are fond of flowers on their tables, and at dinner and luncheon every well-to-do family has its bouquets to look at. I regret to say that many of the hotels make a better display of flowers than of food.

A little later in the day there is a great re-ale market at Covent Garden. There are also fruit auctions, where fruit of all



GROWING MUSKMELONS UNDER GLASS.

See descriptive article on this page.

kinds is sold in large quantities and where many of the local dealers come to buy. The business is enormous, the sales of a single day running into tens of thousands of pounds.

I have talked with some of the merchants. They tell me that the London market is supplied with apples by America during the winter, and that our apples bring the best prices. California fruit of all kinds is in demand, and the market men believe that a good business could be built up in the sale of our late varieties of American peaches and of the harder kinds of pears.

According to the Times, auctioneers a day or two before Christmas were offering ten thousand barrels of American and Canadian apples, representing something like thirty thousand bushels of fruit, for one day's sale. The Times says: As to apples, the arrivals at all various ports during one week lately exceeded 300,000 bushels. The finest English apples marketed for Christmas are Cox's Orange Pippin and the Ribston; then the Californian Newtown, and the Ribston and King Pippin from Canada. In addition there are many good sorts, such as Blenheim Orange and King of the Pippins, home-grown; red-skinned Baldwins and dainty green-hued Greenings from the United States and Canada, and a fair display from Italy, Belgium, Holland and Spain. Well-grown English apples hold their own against all comers so far as appearance, quality and value are concerned. The daintily put up little lady apples from France, nestling in a bed of green moss, look as attractive as ever. These are becoming more popular than ever for table decoration, and during the past five years the supplies have not been equal to the demand. The lady apple is known as the Apl. The fruiterers of London, as that of Belgium, and less than a habit of making a special show of the pretty colored lady apples at Christmas time.

Cranberries have been sent into the markets in large quantities. They are put up in cases holding thirty quarts each and are worth 12s. (82.92) a case; or they are sold to the retail fruiter at 6s. (81.46) a dozen quarts.

With a population about three times as large as that of Denmark, nearly twice as large as that of Switzerland, larger by one-fourth than that of Belgium, and less than as large as that of Belgium, and less than a million below the combined populations of Sweden and Norway, London alone offers a large market for foreign fruits of many varieties, to say nothing of the much larger demand in the United Kingdom as a whole under a fiscal regime admitting the fruits of all countries free of duty except in the cases specified further on. The British demand is, therefore, well worthy of the close attention of American fruit growers, and any suggestions that can aid them in adapting their goods to the British market, whether in the choice of varieties to be grown, the manner of packing or otherwise, are of practical utility.

Provision Market Easy.

Pork and beef were both quoted a little lower the first of this week, but later showed tendency to advance. So far as the Boston market is concerned, there appears no reason for a decline in hog products, since arrivals and number slaughtered have been rather less than usual, owing to delays in transportation. The kill for the week was 23,000, against 27,500 the preceding week and 28,500 a year ago. Export demand has been rather light. There is nothing in the general Western situation, except the lower price of corn, to warrant low pork prices. The marketing of hogs has hardly held up to expectations recently, and a decided shortage in comparison with last year continues to be shown. The Cincinnati Price Current gives total Western packing at 415,000, compared with 438,000 the preceding week and 463,000 two weeks ago. For corresponding time last year the number was 590,000 and two years ago 525,000. From Nov. 1 the total is 7,245,000, against 8,975,000 a year ago—a decrease of 1,730,000. The indications now are that the four winter months will show a shortage of approximately 2,000,000 hogs in Western packing, compared with last year, or nearly twenty per cent. in number. The average weight appears to be moderately heavier. On the basis thus suggested, the manufacture of product for the four months will fall short of last year approximately 260,000,000 pounds.

Beef arrivals at Boston for the week were larger than for several weeks past, being 150 cars for Boston and 130 cars for export, a total of 280 cars, preceding week 140 cars

for Boston and thirty-one cars for export, a total of 177 cars; same week a year ago 152 cars for Boston and 85 cars for export, a total of 237 cars. The prices of carcasses and beef provisions sagged slightly, except for choice grades, the first of the week, but began to recover Tuesday and Wednesday.

Exports of provisions thus far in 1903 have been large, and a much greater volume of business is expected as compared with last year. Total value for January \$19,250,000, a gain of about \$2,000,000 over January, 1902. Over one-half the amount was shipped from New York and about one-sixth from Boston.

Literature.

The discovery of the Colorado river, in 1840, with an account of later explorations, together with special references to the voyage of Powell through the line of the Grand Canyon, is the subject of a narrative by Frederick S. Dellenbaugh, told in a most attractive manner and superbly illustrated. The contents of the book go far to prove we do not always appreciate the natural beauties of our own country, but hasten to Europe, leaving our own unrivaled attractions unexplored. The pinnacle of the Canyon Chelly, which is fifteen hundred feet high, is as interesting as the Egyptian obelisk, for it bears the marks of the language of time. Who has looked upon the Grand Canyon of the Bright Angel Trail and has not been silent in wonder and awe at the great precipices, the roaring cataracts and the snow-topped peaks rising against the blue sky?

The great cacti, the rose of the desert, flourishes in the region of the Colorado river, its lovely blossoms, red, yellow and white, illuminating in spring the arid wastes. The soft green of its stems and the multiplicity of its forms and species are a constant delight. It writes and struggles across the hot earth, or spreads out silver-splined branches into a tree-like bush, or in the great pithays, rises in fierce dignity like a monitor against the deep blue of the sky. And the yuccas are quite as beautiful with their tall, central rods so richly adorned with bell-like blossoms, the fantastic Cylindropuntia arborescens, or Joshua tree, being more in harmony with the arid landscape than any other plant there. As travelers cross one of the open forests of this tree, which is often twenty-five feet high, the more distant ones appear to beckon like some uncanny desert oases yearning to draw him within reach of the scrawny rivers. 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Poultry.

Good Profits from Poultry.

What is a fair return from a business flock of poultry? The question can be answered much better than it could a few years ago before there were so many poultry farms with systematic book accounts. By averaging results from many sources, poultry experts have come to reckon quite commonly on the dollar-per-year basis. That is, \$1 per hen for food, etc., and \$1 profit, the value of the product expected being about \$2. While visiting the numerous special poultry farms in southern Rhode Island, the writer found this reckoning quite generally used, as applied to hens and ducks, the profits of young poultry sold being added to the profit of the breeding stock. Thus the farmer who winters seven hundred pullets, hens and ducks would expect to clear at least \$700 during the average year. Some of them were doing much better. One man's account showed about \$2 profit per head from his seven hundred birds, kept on his seventeen-acre farm, of which they were the chief stock.

Writing from a section where grain and poultry products are rather low in price, Prof. A. G. Gilbert of Ontario also arrives at the \$1 basis of profit, the figuring being a little different from that used commonly in the States. He writes: "A very moderate estimate is one hundred eggs per hen per year, for sale or use. These eggs at one cent each are worth \$1 all told. In addition to this you should have a setting of eggs that would give eight chickens, which, at ten cents each, would be worth eighty cents. This makes a total return of \$1.80. What does it cost to produce these returns? This is just where one marked advantage of poultry-raising comes in. A great deal of the feed used to produce poultry on the farm is made up of what are, comparatively speaking, waste products—small grain, table scraps, green bone, etc. But we have made experiments at Ottawa with a view of learning just what the cost of production is where foods have to be purchased—the cost of the grain used being placed at a cent a pound. Even on this basis, the cost of feeding a hen, as shown by actual experiment, was not beyond seventy-five cents per year. This left a profit of at least \$1 per fowl. And this was allowing only a cent each for eggs. How much greater would the profits be if eggs were produced in winter, when twenty-five, thirty and thirty-five cents per dozen can be obtained in our local leading markets? In that case the net profits would run up to \$1.50 to \$2 per year."

In fact, the figures here mentioned are quite frequently realized from small flocks managed with special care and skill.

In cases where part of the pure-bred stock and eggs are sold to breeders at extra prices, the profits are still larger, but they are greatly with the skill and reputation of the breeder. To instance, a pure-bred flock of one hundred birds under farm conditions, with sales made mostly to farm buyers, there should be about 2500 eggs to spare during hatching season, at \$5 per one hundred, or \$25. Also one hundred selected chickens in the fall to sell at an average of \$1.25 each, or \$125. After allowing 500 more eggs for hatching at home, there would be seven thousand during the year to be sold at grocery prices, and coming at the time of year when prices are high, at two cents each, this is \$140. One hundred red cul chickens sold as soon as they could be picked out would bring \$30. Here is a total of \$420. The expenses are those of ordinary flocks, with about ten per cent. of sales expended for advertising, or say \$25, and an equal amount for cockerels and eggs bought to keep up and improve the stock. Taking out \$30 for these purposes, and \$100 for grain and supplies, we have \$370 net, or \$2.70 per head. This given in clear cash goes a long way on a farm, and fairly represents just about what hundreds of pure-bred farm flocks are doing for their owners right along.

The estimate does not apply to flocks of famous breeders who follow up the poultry shows, win prizes and obtain very fancy prices for whatever they sell. Such breeders often get a large annual income from a moderate flock, or from a number of flocks managed for them by farmers who are furnished the eggs and paid so much (\$1 to \$2) for every bird good enough to ship to market. A breeder of this description, one of the most famous in the United States, told the writer that his annual sales of breeding stock averaged about \$4000. Others who advertise very extensively are doing a still larger business. During the past three years the call for breeding stock and eggs for hatching has passed all records, and a great deal of money has been made by those in a position to meet the demand. One breeder after another enjoys a period of special popularity, and the breeder who foresees the boom and stocks up at its beginning is the one who skins the cream of profit.

Practical Poultry Points.

Trap nests to enable one to keep an exact account of the number of eggs laid by each hen are undoubtedly of some use, especially if one is desirous of breeding from those that reach the mark of two hundred eggs a year, or exceed that number, but they require almost constant or very frequent attention to release the hens when they have laid and to keep the records exactly correct through the entire year. To do this some one must have charge of them who has but few other duties, or the flock must be large enough to require all of one's time in caring for it. Nor are we fully satisfied yet that the two hundred-eggs-a-year hen is the desirable one to breed from. We fear that like the hen whose egg production has been increased by stimulating foods in winter, she may produce an undue proportion of infertile eggs. We prefer at present the breeding from the most active, healthy and vigorous hens in the flock, unless we are willing to sacrifice something of utility for the sake of a symmetry of form or uniformity of plumage, such as we desire in a flock of pure-bred fowls. And when we have a flock that, as a whole, will produce from twelve to fifteen dozen eggs per hen for the year, we shall be little inclined to experiment with them, in the hope of getting an average of one or two dozen more eggs in a year, especially if we are able to get a good lot of strong and vigorous chickens from them to keep our number of pullets up to the requirements.

We are glad to notice that even some of those poultry papers which have been supposed to be the organs of the breeders of fancy poultry instead of those who keep poultry for their production of eggs and marketable birds, are now dropping the idea of a "double mating" for the Barred Plymouth Rocks, one pen to produce cockerels for exhibition and the other for pullets, and are advising breeders to go back to the single matings, selecting birds of good under color and the rich yellow legs and

beak. They obtain more uniform results in this way, and they do not get pullets too black or dark to breed from, as they do when trying to get very dark fowl. The blue barring is the standard here, and not the black bars with very narrow bars of white. It is also said that some of our breeders and producers of market poultry and eggs have tried the Rhode Island Reds and abandoned them, going back to the Barred Plymouth Rock again. We do not know how general this movement may be, but we have not yet seen evidence that the Rhode Island Reds are any better layers or make any better market or table poultry than the Rocks, whether Barred, White or Buff.

Poultry, Eggs and Game.

Trade has been quiet on account of the stormy, cold weather, and supplies have been kept back for the same reason. Fresh-killed chickens have been in light supply. Good fowls have been selling well. They are worth more than chickens held over long. Some growers make the mistake of keeping a lot of surplus young cockerels all winter at great expense until they grow long spurs and tough meat. Such shipments are hard to place at decent prices, and dealers do not like them. The younger the chickens are marketed, above a reasonable limit, the better margin of profit and the easier the task for the commission men. Receipts of all kinds of poultry Feb. 17 were 1325 packages, also 6321 cases of eggs. The close season for rabbits begins March 1, and no further shipments can be made. The law seems to apply to Belgian hares, Flemish Giant rabbits and other home-grown supplies; but the restriction upon a product of this kind is unreasonable and would quite likely be annulled, if cases were tested in the courts.

There is still a moderate offering of venison from cold storage, whole deer being sold at 10 to 13 cents, with saddles at 16 to 20 cents, skins on. Bear meat is in moderate supply at 15 to 20 cents. Game is in moderate supply at unchanged prices. Black ducks sell at \$1.75 to \$2 per pair, redhead ducks \$2.50, widgeon \$1, teal \$1.10. Philadelphia squab are firm at \$4 to \$4.50 per dozen, with native at \$3.50 to \$3.75, quail \$3 to \$3.50 per dozen, plover \$5 to \$6 per dozen.

Receipts of eggs Wednesday, 6251 cases. The heavy storm, and the expectation that it will block receipts for a time, causes higher prices to rule for all fresh stock. Fancy henney quail Wednesday at 22 to 25 cents; Eastern fresh 21 to 22 cents; Western fresh 19 to 20 cents.

Horticultural.

Requirements of Tobacco Crop. There are many difficulties met in growing tobacco. The soil must be in just the proper condition; the plant must be protected against the voracious worm; the weather must not be too wet or dry, and the crop must be cut at the proper time and cured carefully, so as to preserve the color of the leaf and its quality. If there is an error made in the use of fertilizers the quality will be impaired, not only in burning when used, but also in the flavor. No crop is grown that excels it in the care required, from the seed to the time it is marketed, and no crop gives a larger profit when the tobacco yield is large and the quality is first class. The illustrations showing the crop at the Pennsylvania station are reproduced with the following article by permission of the Philadelphia magazine, American Fertilizer.

Experiments for the purpose of learning which fertilizers are most suitable for tobacco have been conducted for several years, not only by individual growers and experiment stations, but also by tobacco growers associations. The Pennsylvania Experiment Station issues annual bulletins on the subject, and has recently issued another, which is sent free to those interested. A report gives the results of experiments made by the station and it indicates that artificial fertilizers into which humus-producing materials, such as cottonseed meal, linseed meal, horn shavings, etc., enter largely, are superior to stable manure in their effect upon both the quantity and quality of the tobacco leaf, the results also being more uniform than with stable manure, which, even, with the best of care, is quite variable in its quality. Experiments also indicate that phosphoric acid in a highly soluble form should be at once supplied, that present in the form of cottonseed meal or other vegetable

TOBACCO CROP, HALF GROWN—CONNECTICUT EXPERIMENT STATION.



TOBACCO CROP READY TO HARVEST.

matter, or in the form of basic slag, proving too slowly available for the use of such a rapidly growing crop. Phosphates for the use of tobacco growers should, therefore, be so acidulated, so as to have the phosphoric acid in a free condition to be at once utilized. This is an important point, and should not be overlooked by growers. Not only does tobacco require potash and nitrogen, but those substances must be in certain forms. The double carbonate of potash and magnesia, a "potash salt" which is on the market, gave much better results than sulphate of potash. It may be mentioned that sulphate of potash is the form that has been mostly used in the prepared fertilizers on the market, but the forms mentioned above (double carbonate) are superior. Encouragement may be given the experiments from the fact that in Virginia and North Carolina the best crops are given where new land has been cleared and burnt over, leaving the ashes on the surface, but it is possible that the form most suitable in Virginia may not give good results in Pennsylvania.

Dull Apple Trade.

The storm interfered with both supply and demand, consequently the markets have been dull. Boston dealers have large stocks on hand of Baldwins which are showing the effects of the advancing season, and are not quite up to standard in condition. These are mostly from the southern half of New England, and are bringing low prices; many at \$1.25 to \$1.50. Others firm and hard at \$2, and fancy Maine Baldwins bring \$2 and \$2.50. One dealer supplying a high class of trade reports buying thirty barrels fancy Kings, for which he paid \$4.50 per barrel. Apples of this grade are very scarce. The glut is in the lower qualities. The foreign market is considered fairly good, with prices barely maintained. Supply and demand are quite closely balanced, and correspondents declare that slight increase of supply would depress prices. Fred Fritchard & Co., Liverpool, report through Lawrence & Co., Boston, that 16,000 barrels were sold Feb. 11 at former prices; best Baldwins \$3.50 to \$4.35; inferior Baldwins \$2.50 to \$3.25; Greenings \$3.25 to \$3.50. Demand active. The trouble with the Liverpool market is that a large proportion of arrivals rate as inferior, owing to softening during the voyage.

Boston is far ahead of all other Atlantic coast ports in the shipments of apples this year. The 12,831 barrels sent to Liverpool and London last week brought the total up to 692,376 barrels. New York holds second place with 553,457 barrels, Montreal third with 476,792, Portland fourth with 230,379, Halifax fifth with 62,792, and St. John last with 37,309 barrels. Last year at this time Halifax was the leading port of apple shipments, with 218,571 barrels, or about one-third of Boston's present total. Boston then was second, with 37,316 barrels, or about one-fifth as many as this season. New York had shipped 129,592 barrels, Montreal 122,406 barrels and Portland 76,110 barrels. In 1900-1901 Boston had the lead at this corresponding time, with 389,671 barrels; Montreal second, 246,955 barrels; New York third, 223,692 barrels; Portland fourth, 186,061; Halifax fifth, 108,801 barrels.

The total apple shipments to European ports during the week ending Feb. 14 were 57,282 barrels, including 21,673 barrels from Boston, 12,380 barrels from New York, 16,708 barrels from Portland, 4126 barrels from Halifax and 2371 barrels from St. John. The total shipments included 31,420 barrels to Liverpool, 18,062 barrels to London, 7735 barrels to Glasgow and 35 barrels to various ports. The shipments for the same week last year were 14,876 barrels. The total shipments since the opening of the season have been 2,071,910 barrels, against 689,865 barrels for the same time last year. The total shipments this season include 701,217 barrels from Boston, 563,457 barrels from New York, 230,379 barrels from Portland, 476,792 barrels from Montreal, 62,792 barrels from Halifax and 37,309 barrels from St. John.

Hothouse Products Firm.

Cucumbers have been scarce and high of late, wholesaling at \$20 to \$25 per hundred. Dealers say that many growers became discouraged over the high cost and scant supply of coal, and gave up the attempt for

the season. Growers close to Boston do not grow cucumbers in winter, but allow the crop to follow lettuce in the spring. Thus at the present time the supply is limited. Other hothouse products hold firm, but as they must compete with the Southern product, the price has not advanced in most cases. Lettuce holds steady. Parsley of best quality is a little higher. Others about as last quoted. From now, the arrivals of Southern truck may be expected to increase in quantity and variety. It cannot be compared with the choice Northern hothouse product, but is sold cheap and helps depress the market. Framed grown dandelions are plenty. Radishes plenty and a trifle lower. Native mushrooms steady.

Southern vegetables tend to lower prices in most lines. Kale selling slowly. String beans fairly plenty, but mostly poor. Spinach of good quality is selling well. Old vegetables are mostly unchanged. Onions continue plenty, and the poorer grades tend to lower prices. Potatoes at former quotations and trade dull; a few fancy Aroostook Green Mountains bring 80 cents. Parsnips are a little higher.

Hay Supplies Increasing.

In some of the leading markets large hay receipts are reported, but in most cases the prices have not dropped. Shippers seem to be trying to get their hay to market to get the benefit of the good prices, but the railroad situation is no better than last reported, and distant shipments are sent through with great difficulty. Those who are near enough to cart their hay to a good market are doing well, having much less competition than usual. It is generally expected that the freight blockade will continue to some extent until the opening of navigation.

Boston and New York have been receiving considerable hay from Canada, and these markets are reported much easier, with a tendency to decline in price of some grades. Receipts at Boston for the week were 401 cars, of which eighty-seven were for export, compared with 508 cars, of which 294 were for export, same week last year. Thus the arrivals for the local market are about as usual at this season. It is reported that the English markets will not require much more hay the present season, especially if the present high prices continue, and much Canadian hay usually going abroad will be sent to the United States.

A summary of the foreign hay trade for the past ten years shows that the average annual import of hay into the United States has been 121,236 tons, and that the export during the same period has made an average of 62,439 tons. Of the total, the Dominion of Canada has contributed 1,333,191 tons, for which was paid \$10,900,750. Of the total export 405,345 tons were taken by the United Kingdom, for which \$6,235,794 was received.

The total imports from the Dominion of Canada during the ten years were 1,333,191 tons, valued at \$10,900,750; from all other countries, 346 tons, valued at \$3927. The total exports to the United Kingdom were 405,345 tons, valued at \$6,235,794; to all other countries, 281,707 tons, valued at \$4,009,254. The export trade of 1902 reached considerably more than twice the value of the exports of 1892. The value of hay imports shows comparatively slight gain.

Low-grade hay is more plenty in New York market, and prices are a little lower. For the higher qualities prices hold steady. Rye straw is scarce and prices have improved. Hay receipts for the week were 11,590 tons, against 8400 last week. Some 2800 bales went for export. At Jersey City heavy arrivals from Canada have relieved the situation. Buffalo, Chicago and the Southern markets report larger receipts of hay and prices weak or lower. Philadelphia, Pittsburgh, St. Louis and the West generally report receipts rather light and prices steady. The Pennsylvania Railroad now takes hay shipments along its own line, but will not receive from connecting lines for the present.

The following table shows the highest prices for hay in the markets mentioned in the Hay Trade Journal Feb. 13: Boston \$19.50, New York \$21, Jersey City \$21,

Philadelphia \$19, Pittsburg \$18.50, Buffalo \$17, Kansas City \$13.50, Duluth \$11.50, Minneapolis \$11, Baltimore \$19, Chicago \$13, Richmond \$19, St. Louis \$15, Cincinnati \$14.50, Washington \$14.50, New Orleans \$20.

Grain Slightly Cheaper.

During the week the average tendency of the grain market has been downward, quotations for wheat, corn, oats, corn meal and cottonseed meal having dropped a few cents, but the decline is slight. The situation seems to depend on the amount of foreign buying. If this should increase as expected, prices will hold or advance.

The better car supply on Western railroads and the improvement made in the Eastern situation permitted a small gain in the movement of flour into Chicago last week. Deliveries by the combined Western lines were 133,373 barrels, an increase of 20,000 over the former week, but a loss of 63,141 barrels compared with the same period last year. The increase came from both the Northwest and Southwest milling districts, although the former sent forward the most of the traffic. Traffic men declare that the flour movement would be fully as large as that of a year ago, could the freight be sent through Eastern connections without customary delay. The Western roads still fear to allow their cars to go East on account of the detention, and for this reason much flour is declined. The attempt to boom prices of flour in Eastern markets met with complete failure, prices being practically as quoted last week.

Corn exports during January were nearly 11,000,000 bushels, compared with one million bushels in January, 1902. At this rate the position of the United States as a grain exporter will be soon recovered. Wheat exports are no larger than last year at the same time, largely on account of the freight blockade. It is also true that the large export surplus in Russia and Argentina will somewhat check American exports of wheat. Barley, rye and oats are being shipped quite freely at present, also some corn meal, oatmeal and flour.

The world's wheat crop for 1902, Bradstreet's says, was in excess of 3,000,000,000 bushels, being eleven per cent. more than in 1901, and five per cent. above the 1898 world's record production. The real key to the situation, however, is found in the increased yield of all the other cereals. The five great staple crops in 1902 showed an aggregate production of 11,757,000,000 bushels, a total one-fourth larger than in 1901. These figures of yield would seem to foreshadow the disappearance of famine prices, but it is to be recalled that this very full yield, as in 1898, will come upon markets practically bare of stocks.

The Modern Miller says there is abundant moisture throughout the winter wheat belt and conditions are favorable for the wheat plant. So far this winter the crop has been well favored by the weather, but the dangerous period is at hand, as much depends upon the weather of the next six weeks. There is no snow protection except in the northern section of the wheat country. The Price Current says: "The condition of wheat in good, weather on the whole being favorable. There have been no important drawbacks from freezing and thawing."

The bicycle folks who formerly had so much to say about good roads seem to have subsided, and their place is taken by those engaged in promoting the automobile business. Their latest scheme is to secure a macadamized road from New York to Chicago. That is all very well in its way, and provided the bills are paid by the States.

What the average farming town needs is a decent road to the nearest railroad and markets. In most cases the towns concerned will have to pay the cost, or wait indefinitely, and this is the problem. When the entire tax value of a town is, perhaps, for half a million to a million dollars, to spend the sum needed for a good road would raise the tax rate beyond endurance. The Little Massachusetts town of Barnstable has bravely attacked the difficulty with a plan for distributing the cost over a fairly long term of years. The town expends \$75,000 on stone roads in a term of three years, and the debt to be paid in seven annual payments, the liquidation beginning in 1904 and ending in 1910. Of the total amount to be expended on stone roads \$30,000 would be spent the first year, \$22,500 the second and like amount the third year. The sum raised by taxation each year would be \$13,000.

The plan has been working a year, and the terribly sandy roads of the little Cape Cod town are being replaced by first-class stone highways. It is expected that the improvement will win new residents, and finally increase valuation enough to offset cost of the roads. To raise \$13,000 per year is quite an effort for a small town, but there will be something to show for it, which is more than can be said in some cases where big town debts have been incurred to help railroads or industries that should have been left to their own resources.

The shipment of wool from Boston to date, from Dec. 31, 1902, are 35,619,664 pounds, against 36,867,725 pounds at the same date last year. The receipts to date are 21,121,975 pounds, against 24,902,745 for the same period last year. Aside from the cleaning up of some large holdings of Ohio fine decline the market has been quiet. The decline sold principally at 34 cents, which was what was bid and refused some weeks ago. There

POULTRY KEEPING.

HOW TO MAKE \$500 A YEAR KEEPING POULTRY.

A 49-Page Illustrated Book, Telling How to Do It, and All About Profitable Poultry Raising.

Containing Chapters on How to Make \$500 a year Keeping Poultry; Poultry Yards and Houses; Choice of Breeds; Care of Poultry; Setting the Hen and Incubation; Hatching and Care of Chicks; Preparing Poultry for Market; Diseases of Poultry; Ducks, Geese and Turkeys; Capons; Receipts and Incubators; Use of Green Bone for Fowls, etc. Sent to any address on receipt of twenty-five cents. Stamps taken. Mention the PLOUGHMAN.

WALNUT COMPANY, Box 3954, Boston, Mass.

Low-grade hay is more plenty in New York market, and prices are a little lower. For the higher qualities prices hold steady. Rye straw is scarce and prices have improved. Hay receipts for the week were 11,590 tons, against 8400 last week. Some 2800 bales went for export. At Jersey City heavy arrivals from Canada have relieved the situation. Buffalo, Chicago and the Southern markets report larger receipts of hay and prices weak or lower. Philadelphia, Pittsburgh, St. Louis and the West generally report receipts rather light and prices steady. The Pennsylvania Railroad now takes hay shipments along its own line, but will not receive from connecting lines for the present.

The following table shows the highest prices for hay in the markets mentioned in the Hay Trade Journal Feb. 13: Boston \$19.50, New York \$21, Jersey City \$21,

ALLEN'S LUNG-BALSAM
Cures Coughs, Croup, Bronchitis, Whooping Cough, Sore Throat, Asthma, etc.
CHERRY LIP BALM, 25 CENTS
MEDICAL SIZE 25

is a firm market still and no great pressure to sell notwithstanding the general dullness here and the late decline abroad.

The decree of President Diaz of Mexico removing all duties on wheat imported from the United States went into effect last week and will remain in effect until June 30.

Bradstreet's reports exports of wheat for week 2,806,436 bushels, against 3,065,916 bushels last week and 3,176,481 last year; since July 1, 1902, 421,367, against 173,322 last year. Corn for the week 1,530,170 bushels, against 2,400,816 bushels last week and 627,366 bushels last year; since July 1, 24,831,186 bushels, against 22,568,496 bushels last year.

A new German society is aiding young women to study agriculture by placing them in schools provided for the purpose in country districts. At present two schools exist, and others are about to be added. The society has already three hundred members. Many young girls in Germany are now taking to agriculture.

The only new cases of foot and mouth disease since those mentioned last week were two at Lincoln, Mass. These were reported the last part of last week. The cattle were promptly killed and the barns disinfected. The whole work of disinfection of barns is now almost done. It will be finished the first part of next week if no new cases are found. The public cattle yards and buildings at the leading cattle markets will then be cleaned and disinfected, looking to an early opening for business.

The famous Chesham herd of Jersey cattle has been purchased in England for shipment to the United States. The shipment will include the well-known bull Golden Fern's Lad, whose son, Flying Fox, sold at auction in Pennsylvania last May for \$7500; also Brookhill Fox, one of the highest priced bulls in England. With this collection the buyer, F. S. Peer, takes an equal number of cattle recently selected on the Island of Jersey, eighty-one in all. The Chesham herd, containing many cows by Golden Fern's Lad, is quite generally accounted one of the finest and most successful in England, barring perhaps only that owned by Lord Rothschild.

What is said to be one of the largest loads of honey ever brought to New York is a steamer, if not the largest, arrived recently on the British tramp Victoria, from Mexican ports. She brought six hundred barrels of the honey.

The new Department of Commerce will have the unique distinction of dealing with the largest commercial interests of the world. In domestic exports, in manufactures, in transportation, and in internal commerce the United States is at the head of the world's list of great nations. Some figures just compiled by the Treasury Bureau of Statistics, which by the new law becomes a part of the Department of Commerce, estimate the internal commerce of the country at twenty billion dollars, or equal to the entire international commerce of the world.

GRAVES' MANGE CURE

For Dogs, Cats, Horses, Cattle and Sheep. All Skin Diseases they are subject to can be cured by this valuable remedy. Also

GRAVES' MEDICATED SOAP

For Fleas and Lice for Dogs, Cats and Horses. Sure to kill them quick.

No. 11 PORTLAND STREET Boston Mass.

Large profit in raising Angora. Finely bred females produce more dollars than any other kind of sheep. Ages in kittens per year. Very beautiful and great price. Circular free. WALNUT RIDGE FARM, Box 345, Boston, Mass.

Philander Williams, Taunton, Mass.

Originator and Breeder of the Celebrated Autoerat Strain of

LIGHT BRAHMAS

Also Breeder of

DARK BRAHMAS,

BUFF AND WHITE COCHINS,

Buff and Silver Wyandottes, Buff and Black Cochins Bantams, Golden

Sebright Bantams and Yellow Fantail

Pigeons.

ARE YOU FOND OF CATS?

Probably there isn't a pet in the world as popular as a cat. You find them everywhere, with the rich and the poor. What do you feed them with and how do you wash them? We would like you to try our Walnut Cat Food; it will invigorate them, increase their appetite, makes them well and strong. It is a substance to be mixed in other food. Has your cat a diseased skin? Has it fleas? If so get a bottle of Walnut Cat Wash. It will free them from all such and promote the hair. If you have a pet cat or a valuable Angora, you cannot afford to be without them. Hundreds of testimonials. Either Food or Wash, price 50 cents per bottle. Or \$4.50 per dozen. If your druggist or dealer hasn't them send to us.

Our Homes.

The Workbox.

LADY'S CABLE-STITCH SWEATER.
 Prone to 1 pound of German knitting worsted, 3 steel needles No. 14, 1 pair bone needles No. 4. Using steel needles, cast on 120 stitches for the back, knit 2 plain, 2 purl for 3 inches, to form band. Use the bone needles, begin cable (3 purl, 10 plain), make 9 cables across back.

To work cable stitch:
 1st row—Three purl, 10 plain.
 2d row—Three plain, 10 purl.
 3d row—Three purl, 10 plain.
 Continue in this way until you have 10 rows.

Three purl, then slip 5 stitches on a separate needle; now knit the last 5 of the 10 plain stitches first, put the 5 on extra needle back and knit plain.
 Work 13 twists deep, up to the neck, bind off 3 centre cables for neck. Work 3 twists deep on 3 cables on either side of shoulder.

Cast on 26 stitches for front and knit to same length as back. Finish with band of 2 plain, purl 2. Knit same on the other side of front, sew up 2 twists under the arm and leave rest for armhole.

Sleeve—Begin with 90 stitches, knit 2 plain, 2 purl alternately on steel needles for 5 inches for cuff.

Use bone needles.
 Purl 3, 8 plain for cable stitch and twist every tenth row.

Make 5 twists.
 In the sixth twist increase 2 stitches as follows: Slip 4, increase 1, put back, increase 1, knit 3. This gives you 10 stitches instead of 8.

Make 8 more twists for length of sleeve, bind off, sew up and sew into armhole.
 Then finish the neck. Pick up all stitches around neck and shoulders; use the bone needles and knit 2 plain, purl 2 alternately for two rows. Put on steel needles and knit four or five inches more, according to fancy.

EVA M. NILES.

"Just Among Ourselves."

"Them that has china plates themself is the most careful not to break the china plates of others."—Barrie.

"Why, dear me," said one housekeeper to another, not long ago, "when you are alone just with your children don't you sometimes eat in the kitchen?"

"No, never," was the prompt, yet not unkindly reply. "I wouldn't have the children acquire a fondness for eating in the kitchen or consider it a nice and delicate thing to do for anything. I want them to remember their home as a place where everything was done in the best manner possible, and I think that fine ideas and habits of refinement are fostered by having young people become accustomed to the very best surroundings and the nicest habits that parents can afford to teach them."

"Yes, but when I have to cook a meal, set a table, then afterwards clear away, just think of all the extra work of setting the table in the dining-room, putting on a white table-cloth and getting out dishes to correspond. It seems to me like useless toil."

"How much longer would it take to set the table in the dining-room than in the kitchen? Don't you have to get rid of some of the dishes used in preparing a meal before you can have the kitchen table clear?"

"Yes, of course, I have to make room for our three plates, but I can dish up some things right from the stove, which seems all right just among ourselves."

"Don't the children get their clothes spotted now and then, sitting down where the cooking has been done?"

"Yes, I must confess that that has troubled me sometimes. But I usually can get spots out almost entirely, and I do my best to teach the children to be careful."

"Well, you see I regard all these things as a part of the education of the children."

"What! where they eat and the dishes they use?"

"Certainly. I want my children always to aspire to the best. Always to be determined to have the best whenever they properly can, especially among ourselves."

"But don't you think that will conduce to making them have high feelings, and to make them dissatisfied and perhaps hard to please as they grow older?"

"Not at all. I want them to have nice feelings, to feel at home only in clean, palatable surroundings, to feel contented with spotted clothing and to feel better satisfied when eating from pretty and tasteful dishes."

"I should think they might become little prudes. Suppose, too, they could not carry out these ideas all their lives? Are you not fostering habits that might cause real unhappiness in a possibly unprosperous career?"

"I think not. Those who desire to have neat and pretty things—mind, I do not say the most expensive, but neat and pretty things—will generally manage to have a certain degree of excellence in what they possess. These things enter into character. They help in forming character. Young people who have been taught to feel satisfied with having common, mediocre, unattractive things about them, will form a taste for just the things and learn to prefer them. And the reward of it is, the commonplace ideas will extend beyond the more unimportant matters in life, such as the table and clothing, and will affect one's whole way of looking upon life, its requirements and attainments; all will be influenced and the whole future is likely to be warped or expanded according to youthful inclinations."

"As to becoming prudes: The more thoroughly well taught and carefully looked after our young people are, the better they will be able to meet different experiences and emergencies in life. I heard of some young fellows belonging to wealthy families of New York who last summer camped out in the mountains. Their guide disappointed them, so they turned to, did their own housekeeping, cooking and clearing away. My nephew, who was of the party by invitation, said that their neatness and capability were simply charming. One day, one

of them sat down to dinner with a hastily donned pair of cuffs, whereupon his brother exclaimed, 'Bless me, Jack; what would mother say at such soiled linen as that?' With a quick glance at the crumpled cuffs, Jack jumped up, saying, 'I won't go back on my training and disgrace mother at the table, wherever I am!' He soon reappeared in cuffs immaculate.

"I recall also the case of another young fellow, whose mother being indisposed, sent him to a summer boarding-house to see what he thought of it as a place of sojourn during the vacation months. On his return the lad said emphatically: 'It is not the place for us at all, mother. There was a red cloth on the table which was spread for dinner. We would not meet congenial people there.'

"The event proved the lad to be correct. For although the house was imposing in appearance, the class of boarders entertained there were not such as my friend could have enjoyed at all."

"I never regarded these things in a broader way and in a way bearing on the future before," said the first speaker, thoughtfully.

Women are constantly coming up to regard them in this light. "I think," said the other gently, "Whatever we accustom our children to, as I said before, will be what they will lean toward and desire and regard as a standard. Teach them to like refinement and polish in every-day habits and belongings, and nine cases out of ten it will lead to desiring all the best things in life. That reaches to the very soul you know, and learning to appreciate and care for their own good belongings will teach them the value of their neighbor's possessions also. They will form habits of carefulness all around."

"I shall eat in the dining-room henceforth," said her friend. "I do not want second-rate children nor children with second-rate ideas. I want them to know good things when they see them, so I shall use my good dinner set after this. I can see how it will influence them in the days to come."—The Christian World.

When Buying Table Linen.

Remember that January and February are the best times to buy, because the latest patterns and "summer bleached" linens are imported in December. It pays also to deal with a firm that keeps only the most reliable goods and whose word can be trusted.

Fineness is not a safe guide either for durability or lasting beauty. Weight is the standard of price, and it is not advisable to buy table linen that weighs less than 44 ounces per square yard. The comparative merits of bleached and unbleached nappery depend upon the use to which it is to be put, and the opportunity for bleaching at the command of the housewife.

For common or rough use it is often well to buy the unbleached, and also in the country or suburbs, where one can bleach it on the grass or on the sun, but not all city housekeepers are able to whiten their linen. The German linen wears well, but it is not so snow white or varied in pattern as the Irish importation.

Never buy a mixture of cotton and linen, and beware of damask that is stiff and crackly, for it has probably been starched to make it appear of better quality than it really is. Good linen has an elastic texture. Some of the finer French damasks appear exquisite, but they do not pass the soap-and-water test creditably. Considering all points, the Irish linen is far superior to any other.

Two yards and a half is the best width for general use, as it covers well a table four feet wide, and three yards is a convenient length for the ordinary table. It is well to have two cloths of the same piece in case of a considerable extension of the table on some special occasion, and one very long cloth may be so rarely used as to become yellow. The cloths that come woven in one piece are especially beautiful in design and texture, and cost a mere trifle more than the web goods.

Avoid very large napkins—no one likes them. Select a medium size and buy a dozen or a dozen and a half to get each cloth. Don't starch your linen when it is new, but when it begins to get thin and limp a little thin starch is admissible.—American Queen.

Varieties of Food.

The adult has reached the point where his body is supposed to be in a state of equilibrium. The demand upon him is to adjust his food so that the body may be in balance. His desire, presumably, is to maintain his health and strength and have the necessary amount of physical and mental energy for the demands of his daily life. It is perfectly clear to him that the requirements of his diet are not those of the infant's, and it should be as clear that the growing boy demands a somewhat different regimen, says Helen Louise Johnson, in New York Herald.

The food appropriate for adult life depends largely on the conditions surrounding the individual, sex, habit, occupation, climate and even on personal peculiarities. The man living in a superheated flat in New York city, riding to and from his business (seated, reading his paper, if he can), sitting at his desk during many hours of the day, cannot digest and assimilate the same amounts or even the same kinds of food as can the boy who walks to his work, or the riding, stands on the platform, and labors in the open air, using physical energy and muscular power and for the most part breathing fresh air.

The adult whose life is necessarily and chiefly devoted to a sedentary occupation should limit his food in amount, and substitute fish and eggs for such a preponderance of meat as usually appears in his diet. It is a mistake to regard fish as "brain food," its worth being in the fact that it does not require so much labor of the digestive organs as some other food. It is easier to overeat of meat, because it is a concentrated food, and gives a sense of satisfaction without the uncomfortable feeling of fullness. For brain workers, a diet of fish, eggs, milk, good bread, whole-wheat preferred, vegetables and fruit is best. Small amounts of meat, but plenty of bacon, butter and cream should be taken.

Women require less food than men, but their bodies are just as great, their nervous energy often greater. The working woman is more likely to neglect herself in these regards than is the working man. A man is apt to eat more regularly, have a better appetite and eat more sanely than a woman; also he is more apt to overeat. But comparing the chosen food of a man and a woman employed at the same labor is sufficient to account for his usually better physical condition. It is a depressing sight to visit some of the good and reasonable restaurants in the shopping district of New York city and watch what the average woman clerk from the nearby department store orders for her luncheon. Small wonder she is tired early in the day and

cannot bear up under the exertions of the purchasing public. At these restaurants the dairy products are usually good and comparatively cheap. Milk is a highly nutritious food, and disagrees with very few if taken properly. It should not be regarded simply as a beverage, and used to assist the swallowing of more solid foods, for it becomes solid as soon as it meets the gastric juice of the stomach. Bread and milk and baked apples form a much more satisfactory luncheon than chocolate eclairs, however tempting the latter may be to the palate. Good, hot cream soup is nourishing, and a hot dish at noon, when one is exhausted, is stimulating as well as satisfying. Cocoa will be better than coffee, and is more nourishing than tea. Eggs are better than pie, and baked beans better than doughnuts.

Again it must be remembered that the food suited to the demands of a cold winter's day will not keep us cool in summer, or vice versa. The body has to be maintained at a constant temperature of about 98° F., and this is not accomplished by means of clothing only. When it grows cold you build a fire in the furnace for the sake of heating the house, and when it is hot weather the body's fire should be fed according to the body's demands for heat. Near the tropics man can exist, as do the Chinese, on a vegetable diet, with minimum amount of fat. In extreme northern latitudes the food is largely fat or concentrated fuel food. In winter the cereals richer in fat may be selected, such as corn meal or oat meal and rolled oats, while in summer wheat and barley are better.

Let us eat and be healthy. Frequently expose the body to the direct rays of the sun; by this means they are sweetened and given a sense of freshness that is promotive of rest and sleep. Glassware should be washed in hot soap-suds and well rinsed in clear water, then wiped with a fine linen towel. In washing out glass, lay three or four thicknesses of a towel on the bottom of the pan, which will make a soft support for the glass, and render it less liable to be broken than when it is in contact with a hard substance. Use a brush to remove particles of dust from the deep cutting. A little bluing added to the water in which the glass is rinsed will enhance the brilliancy of the crystal.

Fancy bags may be made of three colors of ribbon three inches wide, each made separately into a bag, and then sewed up to within four inches of the top, then the remainder of the ribbons joined together in one, and about an inch turned over to form a band, and sewed up to within an inch of the top. Add one pint of milk, the yolks of two eggs, a scant one-half cupful of sugar and one teaspoonful of vanilla. Turn into the paste-lined dish and bake in a moderately quick oven for twenty minutes. For the meringue beat the whites of the eggs to stiff froth, add two tablespoonfuls of powdered sugar and the top of the pie. Return to the oven, and when a yellowish brown, stand aside to become cold.

For a chestnut custard pie filling, boil and wash a sufficient quantity of chestnuts to yield one pint of pulp. Add one pint of milk, the yolks of two eggs, a scant one-half cupful of sugar and one teaspoonful of vanilla. Turn into the paste-lined dish and bake in a moderately quick oven for twenty minutes. For the meringue beat the whites of the eggs to stiff froth, add two tablespoonfuls of powdered sugar and the top of the pie. Return to the oven, and when a yellowish brown, stand aside to become cold.

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them. This can be made with quite weak stock; the second boiling of the bones will do. Cut up some carrots and onions, and boil them with the stock, and when the vegetables are nearly done, break up the dry bread into it, and boil all well together, adding a little burnt onion or sugar to color it. This bread soup will be found to be both economical and nourishing.

An orange pudding would use a little of the dry bread. Soak some slices in a pie-dish in a little milk. Grate the rind of one or two oranges, and squeeze out the juice. Beat half an ounce of butter, the yolk of an egg, and one and a half ounces of sugar together. Add the juice and rind, and stir it well in. Pour the mixture over the bread. Bake for three-quarters of an hour in a slow oven. When almost done, beat the white of the egg to a stiff froth with a little powdered sugar, pile it on the top, and brown lightly.

If, however, despite the excellences of the above suggestions for utilizing the stale bread, Mary Jane's mistress should prefer prevention to cure, let her try the following plan: Put a board planked with holes into the bread-box, supported so as to rest two inches from the bottom. Let there be an inch of water, put in the board, and cover the pan closely with the lid. The air enclosed in the box will prevent the bread from becoming too dry.—McCall's Magazine.

Household Hints.

Coffee sprinkled on a hot stove will take away with it every vestige of bad odor. To prevent disagreeable fumes from rising when anything boils over onto the stove, sprinkle salt quickly over the place. Best of all, though a trifle expensive, is to put a few drops of oil of lavender in a cup, and pour over it boiling water. There is nothing sweeter than the fragrance of old-time lavender.

Now that the winter season is upon us, and houses are tightly closed, great precautions must be taken to keep rooms and bedchambers well aired. Frequently expose the bedclothes to the direct rays of the sun; by this means they are sweetened and given a sense of freshness that is promotive of rest and sleep.

Glassware should be washed in hot soap-suds and well rinsed in clear water, then wiped with a fine linen towel. In washing out glass, lay three or four thicknesses of a towel on the bottom of the pan, which will make a soft support for the glass, and render it less liable to be broken than when it is in contact with a hard substance.

Use a brush to remove particles of dust from the deep cutting. A little bluing added to the water in which the glass is rinsed will enhance the brilliancy of the crystal.

Fancy bags may be made of three colors of ribbon three inches wide, each made separately into a bag, and then sewed up to within four inches of the top, then the remainder of the ribbons joined together in one, and about an inch turned over to form a band, and sewed up to within an inch of the top.

Add one pint of milk, the yolks of two eggs, a scant one-half cupful of sugar and one teaspoonful of vanilla. Turn into the paste-lined dish and bake in a moderately quick oven for twenty minutes. For the meringue beat the whites of the eggs to stiff froth, add two tablespoonfuls of powdered sugar and the top of the pie. Return to the oven, and when a yellowish brown, stand aside to become cold.

For a chestnut custard pie filling, boil and wash a sufficient quantity of chestnuts to yield one pint of pulp. Add one pint of milk, the yolks of two eggs, a scant one-half cupful of sugar and one teaspoonful of vanilla. Turn into the paste-lined dish and bake in a moderately quick oven for twenty minutes. For the meringue beat the whites of the eggs to stiff froth, add two tablespoonfuls of powdered sugar and the top of the pie. Return to the oven, and when a yellowish brown, stand aside to become cold.

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three times; cream the butter and add the flour to it; whip the eggs to a stiff froth and add the sugar; then beat them gradually into the butter and flour and add the lemon juice. Bake in a moderate oven. While still warm, do not make the icing, take the white of one egg, do not beat except as you add the sugar. Use one-fourth of a pound of powdered sugar to one egg; season to taste; color a good red with a harmless vegetable coloring matter. It is best to make up a small amount at a time.

